



Calorific values of each menu item are available,
please scan QR Code for more information.

Please inform us if you have a food allergy that we should be aware of.
Adults need around 2000 kcal a day.



Afternoon tea

Available 2-6pm

THE CORNISH CREAM TEA 1406 kcal 11.50

Enjoy a traditional Cornish cream tea served with two fresh warm homemade scones, strawberry jam, Cornish clotted cream & a pot of freshly brewed 'Cornish Grown' tea or coffee. Gluten free option available.

THE CARLYON BAY FESTIVE TEA 2902 kcal per person 26.00

A Selection of Finger Sandwiches

Smoked Salmon, Cream Cheese & Dill
Free Range Egg, Mayonnaise & Cress
Roasted Turkey, Stuffing & Cranberry

A Choice of Warm Homemade Scones

Cranberry & Cinnamon
Plain Butter

Served with homemade strawberry jam, Cornish clotted cream

A Festive Collection of Afternoon Cakes

Kirsch Cherry & Amaretto Tart
Warm Mince Pie
Raspberry, Whisky & Honey 'Cranachan'
Gingerbread & Rum Truffle

A traditional pot of freshly brewed 'Cornish Grown' tea or freshly made Coffee

CHAMPAGNE AFTERNOON TEA FOR TWO 70.00

Enjoy a 'Carlyon Bay Festive Tea' for 2 plus a flute of Champagne each

INDIVIDUAL CAKES 4.95

Traditional English Rich Fruit Cake 625 kcal
Coffee & Walnut Cake 464 kcal

Beverages

A WIDE RANGE OF SPECIALITY TEAS & COFFEES 4.25

Please choose from the following:

Speciality Teas

Ceylon
Earl Grey
Decaffeinated
Lapsang Souchong
Green Tea
Cornish Tregothnan Tea

Speciality Coffees

Decaffeinated
Espresso
Cappuccino
Latte
Other coffees available

A wide selection of herbal & fruit infusions are also available.

HOT CHOCOLATE 4.75

Served with whipped cream & marshmallows

Sandwiches

Available 2-6pm

Freshly prepared, all served on white, granary or gluten free bread, with coleslaw, mixed salad leaves & crisps.

HONEY ROASTED HAM 9.95

West Country chutney relish 694 kcal white | 685 kcal granary

AWARD WINNING MATURE CHEDDAR CHEESE (V) 9.95

Served with pickle 807 kcal white | 798 kcal granary

FREE RANGE EGG (V) 9.95

Mayonnaise & cress 799 kcal white | 790 kcal granary

ROASTED BEEF 11.00

Mustard or horseradish 711 kcal white | 716 kcal granary

ROASTED CHICKEN BREAST 11.00

Mayonnaise & salad leaves 835 kcal white | 825 kcal granary

ATLANTIC PRAWNS 11.50

Marie Rose sauce 673 kcal white | 664 kcal granary

TRADITIONAL SMOKED SALMON 11.75

Lemon & dill dressing 673 kcal white | 664 kcal granary

LOCAL HAND PICKED FRESH CORNISH CRAB 13.95

Lemon mayonnaise & mango 683 kcal white | 674 kcal granary

ROAST BREAST OF TURKEY 9.95

Stuffing & cranberry sauce 750 kcal white | 741 kcal granary

CLUB SANDWICH 16.50

Chicken, bacon, salad & free range egg 1097 kcal white | 1083 kcal granary

Lighter snacks

FRESHLY PREPARED SOUP OF THE DAY 9.50

Made with local produce & served with Artisan bread

CAESAR SALAD

Sweet garlic, croutons, creamy garlic dressing, parmesan

as it comes (V) 905 kcal 12.95

or with chargrilled chicken 1127 kcal 17.95

Side dishes

THIN FRIES 546 kcal

MARINATED OLIVES 534 kcal

TOSSED SALAD 86 kcal

CHEESE & GARLIC BREAD 493 kcal